

# Adaptive Recreation



PHOTO BY RECREATION STAFF

## Hilyard Community Center

2580 Hilyard, Eugene 97405 Bus #28, 73  
Phone (voice/TDD): 682-5311 Fax: 682-5460  
Hours: 8a-6:30p M-F  
Program Supervisors: Molly Elliott, CTRS  
Patty Prather, CTRS  
Recreation Manager: Andy Fernandez, CTRS  
Office Coordinator: Leslie Brecke

Adaptive Recreation provides diverse recreation activities to empower Eugene's citizens with disabilities to develop active, healthy, and playful lifestyles.

## Classes & Activities

Classes and activities are planned for people with disabilities, along with their families and friends. Courses are structured for different levels of ability to focus on training opportunities and/or for socialization. All courses require registration.

## Registration & Scholarships

All fees must be paid at time of registration.

*For how to register, please see page 55.*

*For scholarship information, please see page 54.*

## Orientation

Staff is available to meet with you to discuss available recreation opportunities. Please call for an interview prior to registering for classes. Staff can provide a recreation skills assessment to help answer your questions regarding the activities that are most appropriate for you, a family member or an individual in your care.

## Conduct

If a person's conduct poses physical harm, risk to self or to others, he/she will be removed from City programs and activities. Every effort will be made to reasonably accommodate each individual.

## Inclusion Services

Adaptive Recreation affirms the Americans with Disabilities Act, which requires that all persons with a disability have the right to be included in community recreation services. The City of Eugene Recreation Services is dedicated to providing inclusive recreation and lei-

sure opportunities for people with and without disabilities. Certified Therapeutic Recreation staff assist participants by providing choice, individual adaptations, accommodations and support to ensure all participants benefit from the experience. If you are interested in learning more about the City of Eugene's recreation inclusion services, please call Molly Elliott at 682-6307.

## Wanted: Volunteers

Your friendship and involvement with the participants in the Adaptive Recreation program is critical. You need not be an expert — support and feedback are provided for all volunteers. If you or your group are interested in volunteering any amount of time, and if you'd like to have fun and interesting experiences helping others, please call 682-5311 (V/TT).

## Facility Rental

Rent Eugene's fully accessible community center for your business meetings, workshops, parties and receptions. Call for rates and availability, 682-5311.

## Equipment Loan & Rentals

Adapted recreation equipment is available for rent. Equipment available includes:

- Beach wheelchair
- Mono-ski, bi-ski & outriggers
- Adapted water ski
- Handcycles
- Adapted art equipment

## About the Activities

The following activities are planned for people with disabilities and for the general public. All other classes offered by Recreation Services are also open to people with disabilities.

*Non-city residents are assessed a 20% surcharge for registered activities & rentals.*

## ARTS & CRAFTS

### Art Careers *Ages 18 & up*

Participants of all abilities and disabilities will gain knowledge of various artistic skills while creating art and handicrafts that are sold through semi-annual gallery shows and sales. Instructor: Mary-Minn Sirag.

Washington Park Center, 2025 Washington  
Jewelry Sep 18-Nov 20 M 10a-2p \$140 #70866  
Painting Sep 20-Nov 22 W 10a-2p \$140 #70867

### Art Careers Art Show **FREE!**

This show and sale will feature handmade gifts and collectables made by students in the Art Careers program. Proceeds of every sale will go directly to the artist. This will be a wonderful event to attend and an opportunity to meet the artists and purchase unique gifts. Instructor: Molly Elliott.

Hilyard Community Center  
Dec 1 F 10a-7p Free #70886

### Holiday Crafts *Ages 16 & up*

Get ready for the holidays by making your own gifts! We will make a variety of handmade crafts that you can take home. Both classes will make the same gifts. Designed for individuals with disabilities. Instructor: Donna Dawson.

Hilyard Community Center  
Dec 9 Sa 9:30a-12:30p \$18 #70889  
Dec 9 Sa 1:30a-4:30p \$18 #70890

### Pottery by You!

#### Holiday Workshop *Ages 13 & up*

Can't find that perfect gift? Then make it yourself! First we'll make ceramic gift tags, then you select any piece(s) in the studio, up to \$25 value. Let your imagination soar! Open to people with disabilities, their families and friends. Instructor: Nancy Steers Crist.

Brushfire Studio, 954 Pearl St.  
Dec 12 Tu 3:30-5p \$30 #71174

### Pottery By You!

#### Mosaic Design *Ages 13 & up* **NEW!**

Create your own mosaic masterpiece. Learn the basics of mosaic by creating two different mosaic pieces in this fun and creative series. Instructor: Nancy Steers-Crist.

Brushfire Studio, 954 Pearl St.  
Oct 3-24 Tu 3:30-5p \$30 #71173

## DANCE & DRAMA

### Dance Exercise ♥ *Ages 16 & up*

A movement and dance class for teens and adults with developmental disabilities. Instructor: Penny Joy Salus.

Hilyard Community Center  
Sep 18-Nov 27 M 6:45-7:45p \$20 #70868  
No class Oct 2.

### Halloween Dance ♥ *Ages 18 & up*

An evening of dancing, music, food and friends. Designed for individuals with developmental disabilities. Pre-registration is required. Instructor: Mary-Minn Sirag.

Hilyard Community Center  
Oct 27 F 6:30-10p \$5 #70882

### Holiday Dance ♥ *Ages 18 & up*

Celebrate the holiday season with dancing, music, and other activities. Designed for individuals with developmental disabilities. Participants must pre-register. Instructor: Molly Elliott.

Hilyard Community Center  
Dec 15 F 6:30-10p \$5 #70892

## MUSIC

### Intro to the Joy of Music

#### *Ages 16 & up* **NEW!**

Learn about the many wonderful types and styles of music in the world. Play guitars, drums, harps, and keyboards. Designed for individuals with developmental disabilities interested in skill building, cooperating and playing together, and exploring the joys of making music. No prior musical training is required. Instructor: Kathryn Walters.

Hilyard Community Center  
Oct 23-Nov 20 M 4-5:15p \$50 #70873

## LANGUAGES & CULTURE

### Sign Language *Ages 16 & up*

Would you like to learn a second language? Then why not American Sign Language? Lessons include the manual alphabet, numbers and vocabulary. Class will spend the first hour in silence using drills and exercises to practice key elements of signing. Instructor: Sherilyn Roberts.

Hilyard Community Center  
Sep 18-Oct 23 M 6:30-8p \$30 #71305

# Adaptive Recreation

## HEALTH & WELLNESS

### Feldenkrais Awareness Through Movement ♥

**Ages 18 & up NEW!**

Awareness Through Movement® lessons may help you improve the quality, ease and comfort of movement, and enhance your sense of balance, coordination and control. People at all levels of function, from those with extreme movement difficulties or pain to the competitive athlete, can benefit from these lessons and learn to improve through greater awareness. Instructor: Jan Cox.

Hilyard Community Center  
Sep 20-Oct 25 W 3:30-4:45p \$40 #71344

### Fitness For All ♥ **Ages 16 & up**

Improve your health while having fun doing easy aerobics, strength/toning, stretching, and balance exercises with guided instruction. Designed for people with disabilities. Instructor: Tiffany Schafer.

Hilyard Community Center  
Sep 11-Nov 17 MWF 5:30-6:30p \$60 #70383  
No class Oct 27, Nov 10  
Nov 27-Dec 20 MW 5:30-6:30p \$20 #70386

### Yoga for People with Multiple Sclerosis ♥ **Ages 18 & up**

Yoga techniques can improve circulation, balance, flexibility, and the ability to relax at will, and can reduce muscle tension, nervousness, depression, anxiety, and emotional stress – all common symptoms of multiple sclerosis (MS). This class will emphasize breathing techniques, stretching and relaxation. Designed for people with MS. Instructor: Shan Ambika.

Hilyard Community Center  
Oct 9-Dec 11 M 10:30a-12:30p \$50 #70380

## HIKING

### Upper McKenzie Trail ♥

**Ages 18 & up**

This hike starts near Clear Lake, the headwaters of the McKenzie River. A scenic 1.5 mile loop trail affords great views of both Sahalie and Koosah Falls. Designed for persons with developmental disabilities. Instructor: Asha Chotard.

Meet at corner of 10th and Olive  
Sep 23 Sa 9a-5p \$18 #70864  
Sep 24 Su 9a-5p \$18 #70865

### Waldo Lake Drive & Hike ♥

**Ages 18 & up**

Enjoy a beautiful drive into the Cascade Mountains and a leisurely walk along this mountain lake. Hike, picnic, and spend the day in the Oregon mountains. Bring a sack lunch and water bottle. Designed for persons with developmental disabilities. Instructor: Wawu Eichelmann.

Meet at corner of 10th and Olive  
Oct 8 Su 9a-5p \$18 #70869  
Oct 8 Su 9a-5p \$18 #70870

## ROPES CHALLENGE COURSE

### Challenge Course Adapted Rec

♥ **Ages 10 & up**

Challenge yourself, your friends, your family! The Spencer Butte Challenge Course is a series of activities that promotes teambuilding and problem-solving. It's an excellent opportunity for personal exploration and self-discovery in an environment that is safe, fun and supportive. Family members and friends are invited to participate.

Hilyard Community Center  
Sep 10 Su 9:30a-4p \$40 #70220

## SKIING

### Alpine Adventures Adaptive Ski Program ♥ **Ages 8 & up**

First-time and experienced skiers alike may find this downhill ski program is a winter highlight! Includes adapted ski equipment, transportation to Hoodoo, lift ticket, and instruction. Skiers new to the program, contact instructor Kellie Nemke prior to registration, at 682-6324 or [kellie.l.nemke@ci.eugene.or.us](mailto:kellie.l.nemke@ci.eugene.or.us).

Hilyard Community Center  
Jan 19-Feb 2 F 7:15a-5:45p \$150 #71164  
Feb 9-23 F 7:15a-5:45p \$150 #71165  
Mar 2-16 F 7:15a-5:45p \$150 #71166

## FOOD, COOKING & NUTRITION

### Cooking Class **Ages 16 & up**

Each week, prepare a different meal together. Everyone helps with the cooking, eating, and clean-up. Designed for individuals with developmental disabilities. Instructor: Tracy Rogan.

Hilyard Community Center  
Nov 15-Dec 13 W 2-4:30p \$45 #70872

## SPECIAL INTEREST

### Friday Fun Activity Night

**Ages 19-24**

This program is designed to give young adults with disabilities an opportunity to plan and participate in community outings, have fun, and be with friends. Instructor: Debra Aggie Agapito.

Hilyard Community Center

Sep 8-Nov 17 F 6:30-9:30p \$75 #70863

Class fee does not include cost of the activities

No class Nov 10.

### Friday Recreation Drop-In

**Ages 18 & up**

An ongoing program of activities and outings for adults with developmental disabilities. Instructor: Donna Dawson.

Hilyard Community Center

Sep 1-Nov 17 F Noon-2p \$75 #70861

No class Nov 10.

### Social Activity Group **Ages 18 & up**

This class features crafts, outings, discussions and lots more. It is led by self-advocates excited about sharing their recreation ideas and skills with the group. Instructor: Tracy Rogan.

Hilyard Community Center

Oct 4-Nov 8 W 2-4:30p \$35 #70876

Class fee does not include food or admissions.

## TEEN PROGRAMS

### Girls' Friendship Group **Ages 11-14**

This after school program for girls with disabilities is designed to foster friendships and socialization skills in a playful and supportive environment. Instructor: Donna Dawson.

Hilyard Community Center

Sep 8-Nov 17 F 4-6p \$55 #70871

No class Nov 10.

### Teen Night Out **Ages 14-19**

Designed for teens with developmental disabilities who want to get together with friends for an evening of fun on the first and third Fridays of the month. Instructor: Joseph Basey.

Hilyard Community Center

Sep 15-Dec 15 F 6-9:30p \$55 #70862

Class fee does not include cost of the activities.

## TRIPS, TOURS & EXCURSIONS

### Dinner & the Movies **Ages 16 & up**

Let's go out to dinner and the movies with friends! Designed for individuals with developmental disabilities. Instructor: Franklin Michaels.

Meet at the Gateway Mall Food Court

Sep 16 Sa 1-6p \$8 #70883

Oct 21 Sa 1-6p \$8 #70884

Nov 18 Sa 1-6p \$8 #70885

Bring money for movies and food.

### Pumpkin Patch Trip **Ages 16 & up**

It is fall harvest in the country and you can visit a local farm to select your pumpkins and fruit, ride a hay wagon, and drink fresh apple cider. Designed for individuals with developmental disabilities. Instructor: Franklin Michaels.

Meet at corner of 10th and Olive

Oct 14 Sa 10a-12:30p \$4 #70878

Oct 14 Sa 1:30-4p \$4 #70879

Bring money for pumpkin and treats.

### Fall Colors Van Trip **Ages 18 & up**

Enjoy a tour to see the beautiful fall tree colors. Includes a stop for dessert and drinks. Designed for individuals with developmental disabilities. Instructor: Kathryn Walters.

Meet at corner of 10th and Olive

Oct 28 Sa 1-5p \$8.50 #70880

Oct 28 Sa 1-5p \$8.50 #70881

Bring money for dessert and drink.

### Coast Trip **Ages 18 & up**

Spend a day at the coast with friends. Designed for adults with developmental disabilities. Instructor: Wawu Eichelmann.

Meet at corner of 10th and Olive

Nov 5 Su 8:30a-5p \$18 #70874

Nov 5 Su 8:30a-5p \$18 #70875

### Holiday Parade **Ages 16 & up**

Come enjoy the annual holiday parade in Springfield. Wear warm clothes, your hat and gloves, and come watch the fun. Designed for persons with developmental disabilities. Instructor: Franklin Michaels.

Meet at corner of 10th and Olive

Dec 2 Sa 11:30a-4p \$8 #70887

Dec 2 Sa 11:30a-4p \$8 #70888

Bring a sack lunch or money for lunch.

*continued*

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## Holiday Tree Cutting *Ages 18 & up*

Help and transportation provided to find the perfect holiday tree for you. Designed for individuals with developmental disabilities. Instructor: Wawu Eichelmann.

Meet at corner of 10th and Olive

Dec 10 Su 1-5p \$8.50 #70891

Bring \$10 or more for the tree.

## Holiday Lights Trip *Ages 18 & up*

Tour Eugene to view the holiday lights and decorations. Designed for individuals with developmental disabilities. Instructor: Debra Aggie Agapito.

Meet at corner of 10th and Olive

Dec 16 Sa 7-9:30p \$5 #70893

Bring money for dessert and drink.

## SUPPORT GROUPS

### Stroke Support Group *Ages 18 & up*

Here's your opportunity to share information with and receive support from others who have had a stroke. This support group provides

the friendship and comfort of congenial social gatherings for stroke survivors and help to improve their quality of life. Enjoy activities such as outings, guest speakers, tours and potlucks. Instructor: Jen Murray.

Hilyard Community Center

Sep 27-Dec 13 W 11a-1p \$16.50 #70379

## Other Support Groups

For contact information call 682-5311.

Alcoholics Anonymous 1st Su, 1:30-3p

Brain Injury Group (BIG) Every Tu, 11a-1p

Emerald Council of the Blind 2nd Tu, 1:30-3p

Eugene Assn. for the Deaf (EAD) 2nd Sa, 7-9p

Multiple Sclerosis Stretching Every M, 2-4p

Multiple Sclerosis Support Group 2nd W, Noon-2p

Narcotics Anonymous 1st Sa, 10a-1:30p

Self Help for Hard of Hearing (SHHH) 2nd Th, 6-9:30p

Support for Independent Living with

Visual Impairment (SILVI) 1st & 3rd F, Noon-2p

Vision Northwest 1st Th, Noon-2p

Wheelchair Basketball Tu & Th, 7:30-9:30p

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Buy tickets at [HultCenter.org](http://HultCenter.org) or 541.682.5000 Tickets on sale 9/5

HULT  
PRESENTS

SEASON  
2006-2007

### From New York:

**BILL T. JONES  
ARNIE ZANE  
DANCE  
COMPANY**



#### ANOTHER EVENING:

**I BOW DOWN**

SUN., OCT. 8 AT 7:30 PM

TIX: \$25-45

STUDENTS & YOUTH \$10 OFF

SENIORS 20% OFF

Bill T. Jones' Company erupts from the stage like an unstoppable force of nature.

Live music.

### From California:

**THE HOT CLUB  
OF SAN FRANCISCO**

SAT., OCT. 21 AT 8:00 PM

SUN., OCT. 22 AT 2:30 PM

TIX: \$28.50-38.50

Swinging gypsy jazz of Django Reinhardt & Stephane Grappelli, with silent films of Parisian cinema avant-garde.

FRI., OCT. 20—EVENING

Parisian lounge of the 1920's — dancing to live music by The Hot Club. Ask the ticket office about this exciting event.

### From Canada:

**DANNY, KING  
OF THE BASEMENT**

WED., NOV. 8 AT 7:30 PM

TIX: \$12

Powerful family theatre. With humor and honesty this award-winning play explores homelessness and literacy. Ages 8 and up.

